

**Table 5. Physical Activity, Montana Adults with and without Disability, 2001 and 2003**  
(with 95% confidence intervals)

No leisure-time physical activity						
	Total No.	2001 %	CI	Total No.	2003 %	CI
All Adults	3337	21.9	20.1-23.7	4020	20.2	18.6-21.8
Adults with Disability	744	34.5	30.0-39.0	951	34.0	29.9-38.1
Age 18-64	500	27.9	22.8-33.0	635	29.6	24.9-34.3
Age 65+	244	50.5	42.1-58.9	309	42.7	35.3-50.1
Adults without Disability	2588	18.7	16.7-20.7	3021	16.6	14.8-18.4
Age 18-64	2094	18.2	16.0-20.4	2439	15.2	13.2-17.2
Age 65+	490	21.4	17.1-25.7	557	24.7	20.0-29.4
Meets recommendations for moderate physical activity*						
	Total No.	2001 %	CI	Total No.	2003 %	CI
All Adults	3129	51.2	48.8-53.6	3750	58.5	56.3-60.7
Adults with Disability	691	36.9	31.8-42.0	881	48.8	44.3-53.3
Age 18-64	467	40.6	34.3-46.9	595	51.3	45.8-56.8
Age 65+	224	27.6	19.8-35.4	281	44.0	36.2-51.8
Adults without Disability	2434	54.7	52.0-57.4	2852	61.1	58.7-63.5
Age 18-64	1995	55.8	52.9-58.7	2344	62.2	59.5-64.9
Age 65+	435	47.9	41.8-54.0	487	54.6	48.9-60.3

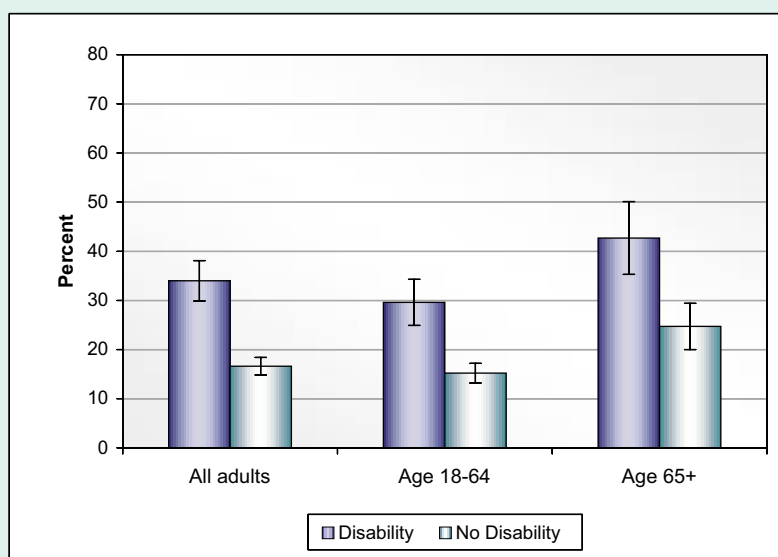
\* 30 cumulative minutes per day, 5 or more days per week

### Healthy People 2010 Objective(s):

- 22-1. Reduce the proportion of adults who engage in no leisure-time physical activity to 20 percent.
- 22-2. Increase the proportion of adults who engage in regular, moderate physical activity to 30 percent.

## PHYSICAL ACTIVITY – 2003

Figure 7. Prevalence of no leisure-time physical activity, Montana adults – 2003



### No leisure-time physical activity:

One in three (34%) Montana adults with disability did not engage in leisure-time physical activity.

Twice as many adults with disability (34%), as without disability (17%) reported not engaging in leisure-time physical activity.

Among adults with disability, those age 65 and older (43%) were significantly more likely to report no leisure-time physical activity than younger adults (30%). This relationship, between age category and no leisure-time physical activity, was also found among adults without disability (25% vs. 15% respectively).

### Meets recommendations for moderate physical activity:

One half (49%) of adults with disability reported engaging in moderate physical activity.

Adults with disability (49%) were significantly less likely than adults without disability (61%) to meet moderate physical activity recommendations.

Among Montanans with disability, those age 65 and older (44%) were as likely to engage in moderate physical activity as their younger counterparts (51%).

**Note: Moderate physical activity is defined as engaging in moderate activities (such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate) at least ten minutes at a time for a total of at least 30 minutes per day, on 5 or more days per week.**